

## **Abstract**

**Title:** An individual program to reduce weight and improve conditions for muscle activity.

**The aim of the work:** The aim of my research is to improve the condition and reduce the weight of respondent on the basis of thorough plan (which is oriented on eating and physical activity). Also to evaluate change in her weight and condition during 3 months and magnitude of that change. I would like to point out, how significant role play bad eating habits and lack of exercise in case of overweight or obesity.

**Method of the work:** To get data of my respondent, she underwent laboratory tests. Then I used records taken by sporttester, pedometer and respondent herself (physical activities and food – content and quantity). Further information were acquired from literature, internet sources and research papers on this topic.

**Results of the work:** During 3 months of my research, the anthropo-motoric and functional values of my respondent had changed. From anthropo-motoric point of view her weight was reduced by 4,5 kilograms, she lost 2% of fat and her ECM/BCM ratio increased by 0,12. From functional viewpoint her physical condition was improved. Time of her maximal load was increased by 2 minutes at increased incline by 3%. Her maximal heart rate was increased by 13 heartbeats and VO2 max rose by 9,4 ml/min/kg.

**Keywords:** Lifestyle, physical activity, nutrition, overweight and obesity.